

CARA SWIM TEAM

Pre-Requisite: Ability to swim one length of pool front crawl with rotary breathing and back crawl without stopping or using assistance.

***Pre-Requisite 11-18:** knowledge of all 4 competitive strokes and ability to swim 200 yards nonstop. All participants are evaluated on the first day of practice.

CARA swimming is a recreational swim team for youths ages 6-18 who are not USS swimmers. Please register for the age group that your child will be on the first day of practice. Swimmers will compete according to their age on January 1, 2015. ***No practice Nov 23-26**



Centennial CARA: The Tsunamis

Practice: Sept 8-Dec 17, Tues & Thurs
Parent Meeting: Thursday, Sept 10, @ 6:15PM
Location: Centennial Pool, 1201 Alpine St
Meets: TBA

Age Group	Time	Code	Fee (res/non-res)
6-9 yrs	5:30-6:15pm	421112.1A	\$91/\$113.75
8-10 yrs	6:15-7pm	421112.2A	\$91/\$113.75
11-14 yrs	5:30-6:30pm	421113.1A	\$95.25/\$119
11-18 yrs*	6:30-7:45pm	421114.1A	\$98/\$122.50

Longmont Recreation Center CARA: The Piranhas

Practice: Sept 9-Dec 16, Mon & Wed
Parent Meeting: Mon, Sept 14, 5pm
Location: Longmont Recreation Center 310 Quail Rd
Meets: TBA

Age	Time	Code	Fee (res/non-res)
6-9 yrs	4:15-5pm	411112.1A	\$91/\$113.75
8-10 yrs	5:05-5:50pm	411113.1A	\$91/\$113.75
9-14 yrs	4:15-5:15pm	411114.1A	\$95.25/\$119
	5:55-6:55pm	411114.1B	\$95.25/\$119
10-16 yrs	5:20-6:20pm	411115.1A	\$95.25/\$119
11-18 yrs*	6:25-7:40pm	411116.1A	\$98/\$122.50

High School Prep Swimming

Pre-Requisite: Current High School students only. Dust off those cobwebs and get a head start on the high school season. Technique and building endurance are the primary focus.

14 & up: Sept 9-Oct 28, Mon & Wed, 4:15-5:30pm
421800.1A

Coach: Kelly Shipley
Location: Centennial Pool, 1201 Alpine St
Fee: \$75 resident/ \$90 non-resident

DIVING LESSONS

Beginner: Must be able to swim independently in the diving well. Learn fundamentals of diving including body alignment, approach and basic front and back dives.

Intermediate: Pre-requisite: Successful completion of Beginner Diving or be able to perform a dive from the diving board with appropriate 4 step approach and back fall dive. Intermediates will work on flexibility, strength, and building diving skills.

DIVING	Time Date	Mon Ssn 1 9/14-10/19	Fee	Wed Ssn 1 9/9-10/21	Mon Ssn 2 10/26-12/14*	Wed Ssn 2 10/28-12/16*	Fee
Beginning	5:35-6:20pm	421321.1	\$36/\$45	421324.1	421321.2	421324.2	\$42/\$52.50
Intermediate	6:25-7:25pm	421331.1	\$40.50/\$50.50	421334.1	421331.2	421334.2	\$47.25/\$59.25
Advanced	7:30-8:45pm	421341.1	\$43.50/\$54.50	421344.1	421341.2	421344.2	\$50.75/\$63.50

*no class 11/23 & 11/25

American Red Cross: Adult Learn-to-Swim Classes

Adult 1: Learning the Basics

Overcome the fear of the water and learn the basic skills to achieve a minimum level of water competency. In this course, participants strive for skill and stroke performance focusing on breath control, submerging, floating and learning the basics of front crawl and elementary backstroke.

Adult 2: Improving Skills & Swimming Strokes

Improve foundational skills and swimming strokes to gain an overall level of comfort in the water. In this course, participants work on increasing technique and endurance in front crawl and elementary backstroke, while breast-stroke and back crawl will be introduced.

All Classes are 45 minutes long and both Adult Swim classes can be tailored to goals of the participants. 18 & up

Centennial Pool			
Saturdays	Fee	\$36.75/ \$46	\$36.75/ \$46
	Time/Date	9/12-10/24	11/7-12/19
Adult 1	10:30 AM	420661.1A	420661.2A
Adult 2	11:00 AM	420662.1A	420662.2A
Sundays	Time/Date	9/13-10/25	11/1-12/13
Adult 2	2:45 PM	420762.1A	420762.2A

Longmont Recreation Center			
Sundays	Time/Date	9/13-10/25	11/1-12/13
	Fee	\$36.75/ \$46	\$36.75/ \$46
Adult 1	8:30 AM	410761.1A	410761.2A
Adult 2	10:30 AM	410762.1A	410762.2A

SCUBA- Learn To Dive- Part 1

This two part course is a fun way to test the waters and learn basic scuba skills. Scuba equipment, diving science and basic rescue skills are learned, preparing students to complete the Open Water Scuba Diver certification (Part 2, additional \$, information provided in class). **Bring to Class-** swimsuit, mask, fins, snorkel, & booties (available for purchase- contact adventurescubaco@gmail.com)

12 & up: Thurs 7-10pm; Fri 6-10pm; Sat 7am-5pm;
Sun 7am-2:30pm
Dates: Sept 10-13 421900.1A
Oct 15-18 421900.1B
Nov 12-15 421900.1C
Location: Centennial Pool, 1201 Alpine St
Fee: \$130 resident/ \$162.50 non-resident

Advanced: Pre-requisite: Must have successful completion of Intermediate Diving and have a willingness to try new dives. Learn inwards, reverse flips and twisting dives.

7 to 18 years: See charts for days/times
Location: Centennial Pool, 1201 Alpine St



Aquatic Job Training!

Become certified to teach swimming lessons or lifeguard at the pool!

Water Safety Instructor Training

Pre-requisite: Be proficient in all six swim strokes (Elementary Backstroke, Sidestroke, Front & Back Crawl, Breaststroke, Butterfly). Learn how to teach others to swim. After successfully completing the pre-requisite swim test, participants will register through the American Red Cross and complete the online training portion of this program. Bring suit(s), towels, notebook, pen and food.

16 & up: Oct 1, Thurs, 5:30-8:30pm; Oct 15, Thurs, 5:30-8:30pm; Oct 16-18, Fri-Sun, 9-6pm 431241.1

Location: Longmont Recreation Center & Centennial Pool
 Fee: \$35 paid to American Red Cross for online + \$130 resident/\$162 non-resident or \$60 pending City of Longmont employee

Longmont Swim Instructor (LSI) Training

Become certified to teach swimming lessons for the City of Longmont! The LSI training will prepare you to teach City of Longmont's pre-school swim lessons (youth 3-5 years) and BLAST- Accelerated Swim Lesson Program (youth 5-12). Pre-Requisite: Ability to swim all 4 competitive strokes proficiently at least 15 yards by last class day. Must submit job application by last day of class.

15 & up: Sept 28-Oct 1, Mon-Thurs, 4pm-7pm 421243.1
 Dec 21-22, Mon -Tue, 9am-4pm 421243.2

Location: Centennial Pool, 1201 Alpine St
 Fee: \$50 resident/ \$62.50 non-resident

ARC Lifeguard Training

Pre-requisite: Must be 15 years old before the last class; 550 yard continuous swim of 200 Front Crawl, 200 Breaststroke, 150 Front Crawl or Breaststroke. Learn the basics of lifeguard skills and practices. First Aid and CPR/AED for are included. Register at least 1 week before the first class date to ensure books. Mandatory Pre-Test is the first hour of the first class where students will perform pre-requisites.

15 & up: Nov 22-24, Sun-Tues, 9am-5pm;
 Nov 29, Sun, 9-5pm 421211.2

Dec 29 & 30, Tue & Wed, 9am-5pm;
 Jan 2 & 3, Sat & Sun, 9am-5pm 421211.3

Location: Centennial Pool, 1201 Alpine St.
 Fee: \$160 resident/\$200 non-resident
 \$90 pending City of Longmont employee

ARC Blended Lifeguard Training

Short on time, but still want to become a lifeguard? Blended learning allows you to learn at your own pace, online, while learning and perfecting the Lifeguard, CPR and First Aid practical skills in class. Perfect for the independent learner.

15 & up: Oct 5, 7, 12, 14, Mon & Wed, 10am-4pm 421211.1

Location: Centennial Pool, 1201 Alpine St
 Fee: \$160 resident/\$200 non-resident
 \$90 pending City of Longmont employee

JR Lifeguard Camp

Not old enough for the lifeguard class? This is the next best thing! Learn water rescues and surveillance skills all while improving your stroke technique. Admission fees are included for each facility.

11-14 yrs: Dec 29 & 30, Tue & Wed, 10am-3pm 431215.1

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$50 resident/\$62.50 non-resident

Swim Instructor Aide

Pre-Requisite: Level 4 or Blast 2 swimming ability. Enjoy working with kids? Learn how to assist instructors with swim lessons. After successful completion of class, year round volunteer opportunities are available with City of Longmont swim lessons!

11 to 14 yrs:

Sep 20 & 27, Sun, 2-5pm 421242.1

Oct 12 & 14, Mon & Wed, 4-7pm 421242.2

Nov 2 & 4, Mon & Wed, 4-7pm 421242.3

Nov 7 & 14, Sat, 8:30-11:30am 421242.4

Location: Centennial Pool, 1201 Alpine St

Fee: \$20 resident/\$25 non-resident

Babysitter's Training

This American Red Cross course provides youth with the information and skills necessary to provide safe and responsible care for children while babysitting. Bring a pen or pencil and lunch and/or snacks.



11-16 yrs: Oct 17, Sat, 9am- 4:30pm 421231.1

Nov 23, Mon, 10:30am-5:30pm 421231.2

Dec 30, Mon, 10:30am- 5:30pm 421231.3

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$55 resident/\$68.75 non-resident

Babysitter's Boot Camp

Three classes in one--American Red Cross Babysitter's Training, First Aid, and CPR for infants & children. Includes two text books for later reference. Great for both experienced and novice sitters. Bring a pen or pencil and lunch and/or snacks.

12-18 yrs: Dec 21-22, Mon-Tues, 10:30am-3:30pm 421232.1

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$90 resident/\$112.50 non-resident

Babysitter's Practicum

Have you taken Babysitter's or Swim Instructor Aide Training and want to put your skills to work in a supervised environment? Join us for Parents' Night or Day Out to practice in a supportive setting! This is a FREE volunteer opportunity.

11-18 yrs: Nov 14, Sat 4-9pm 421233.1

Dec 5, Sat, 11:30-4:30pm 421233.2

Location: Centennial Pool, 1201 Alpine St

Wilderness and Remote First Aid

Gain the knowledge and backcountry skills to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services (EMS) response. This includes wilderness and remote environments, including urban disasters. Must have CPR certification prior to class.

14 & up: Nov 13&14, Fri, 5-9pm & Sat, 9-5pm 411224.1A
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$75 resident/ \$93.75 non-resident

CPR & AED

This American Red Cross class covers CPR & AED for adults, children and infants.

12 & up: Oct 21, Wed, 5-9pm 411221.1A
Dec 12, Sat, 9-1pm 411221.1B

Location: Longmont Recreation Center, 310 Quail Rd.

Fee: \$65 resident/ \$81.25 non-resident

CPR/AED & First Aid

This American Red Cross course covers CPR & AED for adults, children and infants and First Aid.

12 & up: Sept 21 & 28, Mon, 5:30-8:30pm 411223.1A
Nov 15, Sun, 11-5pm 411223.1B

Location: Longmont Recreation Center, 310 Quail Rd.

Fee: \$85 resident/ \$106.25 non-resident

First Aid

The American Red Cross First Aid Basics.

12 & up: Oct 16, Fri, 5:30-7:30pm 411221.1A
Dec 17, Thurs, 7-9pm 411221.1B

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$50 resident / \$62.50 non-resident

Athletics

Preschool Sports

These clinics are held indoors and focus on the basics of the game. The Goal Sport clinic includes soccer, lacrosse and hockey. Please have your child wear tennis shoes. Come in and enjoy a workout while the little one also burns some energy.



3 to 5 years: 10:30-11:15am			
Basketball	Monday	Sept 14-28*	412106.M
	Wednesday	Sept 9-30	412106.W
	Tuesday	Oct 6-27	412106.T
	Thursday	Oct 8-29	412106.R
Soccer	Monday	Nov 2-23	412126.M
	Wednesday	Nov 4-25	412126.W
	Tuesday	Sept 8-29	412126.T
	Thursday	Sept 10-Oct 1	412126.H
Goal Sports	Monday	Oct 5-26	412156.M
	Wednesday	Oct 7-28	412156.W
	Tuesday	Nov 3-24	412156.T
	Thursday	Nov 5-19*	412156.R

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$30 resident/\$37.50 non-resident
*\$22.50 resident/\$28 non-resident

Youth Volleyball League

An organized team participation program. The emphasis of the program is placed on teamwork, sportsmanship, skill development, fun and participation. All teams play an 8 game schedule with two hours of practice a week. Registration Deadline is Aug 23. Practice begins the week of Aug 31, games begin Sept 12. This program is dependent upon volunteer coaches - if you would like to volunteer, please call 303-774-4800.

Aug 31-Oct 31: Grades 3 & 4	412423
Grades 5 & 6	412425
Grades 7 & 8	412427

Fee: \$70 resident/\$87.50 non-resident

Volleyball Academy

Come join Academy Volleyball to improve your overall skills. Join us for fun, excitement, great coaching, skills, drills and games. All skill levels are welcome.



Days:	Tuesday/Thursday	
Grades 3-5:	Sept 1-24, 4:15-5:15pm	412298.35
Grades 6-8:	Sept 1-24, 5:15-6:15pm	412298.68
Fee:	\$85 resident/\$106.25 non-resident	

Grades 1-2	Dec 1-17, 4:15-5:15	112298.12
Grades 3-5	Dec 1-17, 5:15-6:15	112298.35
Fee:	\$75 resident/\$93.75 non-resident	

Instructor: Legends Youth Athletics

Location: Longmont Recreation Center, 310 Quail Rd

Volleyball Personal Training

Nicholle Chambers has coached volleyball for six years including three at the varsity high school level and runs a successful competitive volleyball club in the Longmont area. Her skills, knowledge and coaching help athletes improve player skills and conditioning and knowledge of the game. Each individualized program session is one hour. No previous volleyball experience required. Days and time by appointment - call Nicholle at 720-834-8673.

Fee:	Individual Rate	Per-Person Group Rate
1 session	\$45/\$56.25	2 players \$30/\$37.50
10 sessions	\$330/\$412.50	3 players \$25/\$31.25
20 sessions	\$530/\$662.50	4 players \$20/\$25